



EXERCISE ANYWHERE. ANYTIME.

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GLOSSARY

The following terms will help you decipher how to perform the exercises in the manual. If you find that you still have uncertainties after reviewing this glossary, please feel free to contact us on our website at www.rubberbanditz.com or by email at info@rubberbanditz.com.

General Terms



WRAP: To secure the middle of a band in place by doubling it around an object. Try to position the ends of the band as close together as possible to prevent them from slipping.



STABILIZE: To secure one end of a band in place by inserting an object through to limit that side's mobility.



FASTEN: To secure one end of a band in place by circling the band around an object and then pulling one end through the other.



LOOP: To circle the band around an object for the purpose of raising the resistance by shortening the band's exposed length.



WIDE GRIP: Spacing your hands far apart when performing an exercise.



NARROW GRIP: Spacing your hands close together when performing an exercise.



UNDERHAND GRIP: Grasping the BAR/STICK, handgrips, or band with your palms facing up.



OVERHAND GRIP: Grasping the BAR/STICK, handgrips, or band with your palms facing down.

Accessories



HAND GRIPS: Clip in and attach to band via carabiner.



ANKLE GRIPS: Clip in and attach to band via carabiner.



HAND STRAPS: Join ends together around band(s) with Velcro strip. Use to prevent irritation between skin and band.



DOOR STRAP: Open door and insert strap between door and frame. Then, close door and wrap or fasten band through strap. Adjust position anywhere between door and frame.

NOTE: Door strap is not recommended for use below doors, on hollow doors and where there is a wide gap between door and frame.

Fitness Terms

REPETITIONS (REPS): The completion of one full motion called for by a particular exercise.

SET: The amount of reps you do at one given time before resting.

LIFT: The specific exercise you perform. Examples of lifts are: FLAT BENCH PRESS, SQUAT, MILITARY PRESS. This term is used interchangeable with "exercise".

ROUTINE: The group of exercises you perform in one workout.

BAR/STICK: This can be anything that is straight and narrow enough to wrap your hands around. The material doesn't matter as long as the weight of the item does not impede your ability to easily lift it. Examples may include, but are not limited to: broom or mop stick, tree branch, metal shaft, or a pole.

HANDGRIPS: Cushioned attachments for the bands available for a more comfortable grip.

ENDS: The part of the band that is convenient to grasp or insert an attachment to when the band is doubled over (we do recognize that circular bands have no true ends).

GRASP: A generic term meaning to, "hold the bar, handgrip, or band ends in your hand."

ANCHOR POINT (A.P.): The exact location where you wrap, stabilize, fasten, or loop a band to a fixed object. Adjusting the anchor point will normally result in a change of resistance: the further you are from the A.P., the higher the resistance, while the closer you are to the A.P., the lower the resistance.

POST: This is a very broad term that encompasses anything you could attach a band to for the purpose of creating resistance on the opposite end. Examples may include, but are not limited to: your feet, back, a tree, bedpost, pillar, support beam, or your door strap. How and where you attach a band to a post is what determines your anchor point.

FRONT POST: A post located in front of you when performing a lift.

REAR POST: A post located behind you when performing a lift.

OVERHEAD POST: A post located anywhere above your head when performing a lift.

SIDE/LATERAL POST: A post located at your side.

HOLDS: The option of wide, narrow, overhand, or underhand grips you can choose to use for any given exercise.

MUSCLE FATIGUE (Also: failure, exhaustion): The point in the set where you can't lift an additional repetition without cheating. Upon reaching your point of exhaustion, you can always try and muster out partial reps, which are less than full range-of-motion repetitions.

HIGH-INTENSITY TRAINING: An exercise philosophy we advocate that suggests exerting yourself by performing as many repetitions as you can until you reach failure in each set.

NEGATIVES: A controlled muscle resistance that involves fighting the regression portion of the exercise. In contrast to conventional repetitions, which normally begin at the easiest point before peaking (concentric movement) and then returning back to the easiest point (eccentric movement), negatives begin at the peak of the repetition (after the concentric movement) and slowly resist the retreat back to starting position (isometric movement). It has been suggested that this portion of the exercise stimulates the most muscle and is therefore responsible for the greatest growth.

STATIC ISOMETRIC CONTRACTION TRAINING: Instead of performing a complete repetition, hold your rep at the point of maximum resistance until your muscles fatigue. These extended reps can be performed once or multiple times to make up a set. The difference between this and negatives, is that with static contraction you are holding the resistance in one place, where as with negatives you are slowly retreating back to starting position.

DROP SET: A double set where you complete a full set, and then immediately lower the resistance to do a second “drop set” of the same lift to further exhaust your muscles.

SUPERSET: Doing two different lifts for two different muscle groups back-to-back. For example, doing one set of a chest lift, and then immediately doing a set of bicep exercises before resting. While you are working out one muscle, the other muscle has time to rest and recover. This will keep up your workout intensity, speed up your workout, and leave your muscles exhausted afterwards. This is great for the split routines and circuit training routines.

STAGGERED SETS: Sets of a non-related exercise or activity infused into your workout routine. Staggered sets can be anything you want to include in your workout such as: push-ups, pull-ups, stretching, yoga, core exercises, or homework.

An additional bonus of working out with exercise bands is that you can spread out your workout over the course of a few hours if necessary. Short doses of exercise can be rewarding anytime, even if done intermittently between chapters, commercials, meetings, or traffic lights. Stagger exercise into life! Please note that ACSM advocates working out for at least 25 minutes for a true benefit.

COMPOUND EXERCISE: An exercise that requires more than one joint movement at a time to perform the lift. These exercises work various muscle groups at the same time and should be done often for strength development. In contrast, lifts that concentrate on one muscle group at a time are known as isolation exercises. Examples of compound exercises include: BENCH PRESS, PUSH-UPS, PULLDOWNS, ROWS, DIPS, MILITARY PRESS, SQUATS, LUNGES, and DEADLIFTS.

MUSCLE CONFUSION: Continuously modifying your routines to prevent muscles plateaus (making minimal gains). Altering your routines periodically is very important. In addition to selecting different exercises, you can also modify the resistance and perform more or less reps accordingly. Integrating negatives, static contraction training, drop sets, and supersets are great ways to vary your workout.

RESISTANCE TUTORIAL

WHICH BAND TO USE

There are no clear-cut rules for how to manipulate your bands or which bands you should be using. Your selection should be based on your personal workout goals. For trimming down and muscle toning, a lighter resistance with higher repetitions will probably serve you best. If your goal is to build muscle mass, try using a higher resistance and doing fewer repetitions. With any resistance level you choose, do as many repetitions as you can until muscle fatigue during each set.

RAISING AND LOWERING RESISTANCE

Towards the beginning, you may find it frustrating as you try to figure out how to position the bands and yourself in a way that is both comfortable and provides the right amount of resistance. Don't get frustrated, with experience comes the ease of resistance maneuverability. There are several ways to adjust the resistance in order to meet your personal needs:

1. DISTANCE FROM ANCHOR POINT

As a rule of thumb, the farther you position yourself from the anchor point, the more resistance you will impose on the bands. The closer you position yourself, the less resistance you will impose on the bands.

2. INTERLOCK AT MIDPOINT

If you find that your post is too thick or high for your intended use, you can easily link two bands together by crossing them at their midpoints, so that you are left with a new anchor point and a lower overall resistance.

3. LOOPING

Another option to raise the band's resistance is to reduce the band's length. Try looping the band around your foot, bar, or post to shorten the length of the band.

4. DOUBLING UP

If using one band provides you with a comfortable range of motion but is obviously too easy, add another band.

5. FASTENING OPTIONS: These allow subtle resistance modifications.

- **FASTENED INSIDE:** When the band is fastened around a post so that the free hanging end of the band is positioned on the side of the post closest to your body.
- **FASTENED OUTSIDE:** When the band is fastened around a post so that the free hanging end of the band is positioned on the side of the post farthest from your body.

6. ATTACHMENTS

You always have different alternatives to choose from in how you perform each exercise. Grip attachments will change the feel of each lift. Inserting a bar will balance the resistance on both hands and looping the band around the bar will increase the resistance of the lift. Handgrips and ankle straps will alleviate tension on your hands and feet while lengthening your distance from the anchor point, effectively lowering the overall resistance. The door strap can be used to perform virtually any workout with most doors.

GENERAL TIPS

- Start with a low resistance to acquaint yourself with the exercise and allow for adequate adaptation.
- Begin each set with the bands lightly stretched, providing minimal resistance. In order to maintain constant resistance for an optimal workout, do not release any repetition past this point of minimal resistance until your set is complete.
- Don't completely lock out your joints to prevent unnecessary strain or pressure.
- Try to keep your body still with your abdominal muscles and restrict all movement to the target muscle group during an exercise.
- Keep your wrists straight to avoid placing tension in the wrong areas.
To verify that your wrists remain straight, you shouldn't see any wrinkles on your wrists from bending your hand.
- Keep your weight centered over your feet and your head centered over your shoulders. Monitor yourself to verify that you are never leaning too far over your feet.
- Adjusting the anchor point height will shift the resistance.
- Always try to add at least one more repetition (with good form) or a little more resistance to continually challenge yourself. Prove to yourself that you are getting stronger!
- Pay close attention to your tempo to control your workout time and encourage proper form. Your tempo will greatly affect your rep count and your workout intensity.
- If at any point during your workout you begin to feel fatigued, dizzy, or have physical discomfort, you should stop immediately and consult a physician. Individuals with a preexisting health complication or injury should consult a physician and/or physical therapist before using our bands.

TEMPO EXAMPLE

BENCH PRESS - Beginner Routine - tempo: 3-2-4

3) You should slowly count to three while pushing arms from starting position to the point of maximum resistance.

2) Hold for a two count at the point of maximum resistance.

4) Count to four while slowly returning back to starting position.

* For a shorter workout you can increase your tempo to exhaust your muscles quicker and lower your rep count.

WHOLE BODY WORKOUT ROUTINES:

This section is designed to guide you through total body strength training routines. The objective is to familiarize yourself with the bands while slowly toning and strengthening all of your primary muscles during each routine. The Beginner Routines should be used as a starting point and an introduction to this type of resistance training.

You will know when you are ready to progress to the Intermediate Routines after the first 3-6 weeks, when you can keep your body balanced and aligned during each exercise. This includes: keeping your back straight, your shoulders back, and your knees slightly bent. Protecting your joints and perfecting your form are essential for properly strengthening your muscles.

Continue on to the Advanced Routines once you are comfortable with all the Intermediate Routines and can feel the burn in the target muscles that you are exercising. Your body will naturally want to take the path of least resistance by trying to allow other muscles outside of the target muscle group to help compensate. Your job is to focus on the target muscle group of an exercise and channel the resistance to that area only.

During the Advanced Routines, work one arm or one leg at a time to further isolate specific muscles and enhance your body's stability.

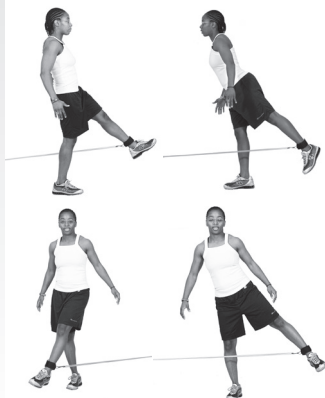
BEGINNER WHOLE BODY WORKOUT #1

2 SETS / 15-25 REPS
2-3 TIMES PER WEEK
FOR 3-6 WEEKS

TEMPO: 3-2-3

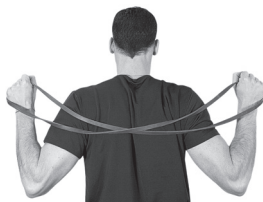
-If you do 20 reps and don't feel fatigued, its too light.

NOTE: Please refer to the EXERCISE INDEX for helpful tips and variations on the following exercises.



1. RESISTED KICKS: With the band taut and your leg extended slightly back, squeeze your hamstrings and kick your leg forward. Face the opposite direction and kick your leg back when finished. Then turn to each side and kick your leg laterally out and across your body.

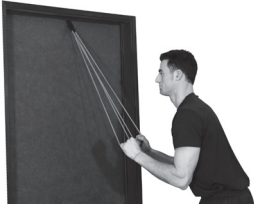
2. PUSH-UPS: Twist the band over and create an 'X' similar to the BENCH PRESS to avoid slippage. Place palms on the floor slightly wider than shoulder width apart, just below your shoulders. Slowly lower yourself until your chest almost touches the floor then push yourself back up until arms are fully extended. Rest knees on the floor for assistance.



3. SEATED ROWS: With your arms extended forward, squeeze your shoulder blades together as you pull the band back as far as you can toward your stomach.

4. LATERAL RAISES: With your arms slightly bent by your side, raise your arms laterally until your hands are at head level. Hold briefly at the top before returning to starting position.





5. TRICEPS PUSHDOWN:

With elbows planted by your sides, push the band down and fully extend your arms. Pause and flex your triceps briefly at the bottom before returning to starting position.

6. BANDBELL CURLS: With hands about shoulder width apart, keep your elbows planted by your side and slowly curl arms up in an arch toward your shoulders. Hold briefly at the point of maximum resistance and squeeze biceps before slowly releasing back to starting position.



7. THE CRUNCH: In a supine position with your hands cupped loosely behind your head or with your arms extended forward, raise your knees up and your tailbone slightly off the ground. Contract your abs as you lift your shoulders and upper back off the floor; imagine trying to compress your abs and tailbone together.

8. THE TWIST: Begin in the same starting position as THE CRUNCH. Raise your shoulders off the ground and gently pull your torso from side to side. Hold your arms outward and still as they hover slightly above the floor while your torso shifts.



9. LOOSE ARM-ONLY: Keeping your arm straight, lean your torso toward your outside shoulder. Feel the stretch in your shoulder and upper back. Afterward, pivot around so that your outside arm becomes your inside arm. Now lean while facing the opposite direction to stretch the front of your shoulder and outer chest.



BEGINNER WHOLE BODY WORKOUT #2

**2 SETS / 15-25 REPS
2-3 TIMES PER WEEK
FOR 3-6 WEEKS**

TEMPO: 3-2-3

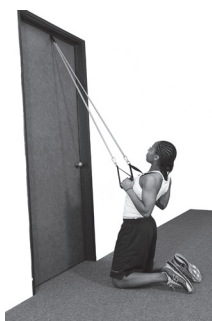
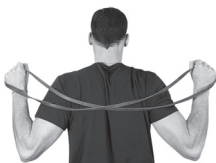
-If you do 20 reps and don't feel fatigued, its too light.

NOTE: Please refer to the EXERCISE INDEX for helpful tips and variations on the following exercises.



1. LEG PRESS: Stabilize one band around each shoulder and under the opposite foot. With your knees bent in close to your chest, push your legs out to a full extension.

2. FLAT PRESS: Grasp one end in each hand with palms facing away from you and push your arms horizontally away from your body. Keep your hands aligned with your chest.



3. LAT PULLDOWNS: With arms extended up, squeeze your shoulder blades together and slowly pull the band down towards your chest until your elbows are fully bent.

4. FRONT RAISES: With arms slightly bent by your side, alternate raising each arm up in front of you or raise both arms up simultaneously. Hold briefly at the point of maximum resistance before returning back to starting position.





5. KICKBACKS: In a bent-over position with your elbows bent at a 90° angle, pull the band(s) back until your arms are fully extended behind you. Keep your elbows fixed by your sides.

6. ALTERNATE CURLS: Grasp an end in each hand with palms facing each other and alternate pulling one hand across your torso toward the opposite breast. Lift one band at a time to isolate each bicep.



7. THE SIDE BEND: Fasten the band to a side post and grasp the end in hand. Slowly bend from side to side at your waist. Keep your active arm and back straight the whole time.

8. THE BICYCLE: Rotate by bringing one elbow to the opposite knee, then kicking that leg forward and bringing your other elbow to the opposite knee. Keep your core tight!



9. LOWER BACK LUBRICATOR:

Wrap one or multiple band(s) around a front post. Keep your feet planted and slowly bow down, drop your buttocks and extend your arms forward. Unlock your hip joints and feel the stretch in your lower back. Slowly wiggle your buttocks from side to side to stretch your entire lower back region.



INTERMEDIATE WHOLE BODY WORKOUT #1

**2 SETS / 15-20 REPS
3 TIMES PER WEEK
FOR 3-6 WEEKS**

TEMPO: 2-1-3

-If you do 20 reps and don't feel fatigued, its too light.

NOTE: Please refer to the EXERCISE INDEX for helpful tips and variations on the following exercises.



1. LUNGES: With one end of a band stabilized under your foot and around both shoulders, take one giant pace forward and lower yourself until the opposite knee almost touches the ground. Push yourself up through your front thigh; step your front leg back to starting position.

2. FLAT PRESS: Grasp one end in each hand with palms facing away from you and push your arms horizontally away from your body. Keep your hands aligned with your chest.

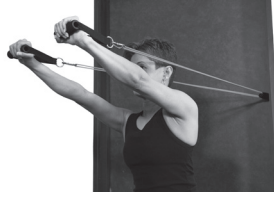


3. BENT-OVER ROWS: Wrap one band around elevated foot or front post, bend over slightly at the hips and grasp an end in each hand. Starting with your arms extended, pull the band toward your abdomen.



4. SKIERS: With your arms extended forward, pull your arms back as far as you can. Keep your arms straight and your torso still.





5. HORIZONTAL

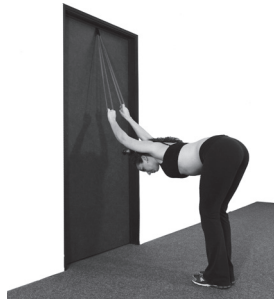
EXTENSIONS: Grasping the bar or band in front of your forehead, push forward in a semi-circular arch until your arms are fully extended in front of you.

6. REVERSE CURLS: Grasp the band with both hands at your waist and slowly curl the band up in an arch toward your chin with your palms facing down. Squeeze your biceps at the top before returning back to starting position.



7. THE SQUEEZE: Fasten, stabilize or wrap a band around an overhead post and grasp the free end(s) in each hand by your forehead or on either side of your temples. Bend over at the waist and pull your torso down using your core.

8. THE SUPERMAN: Lie in a prone position with your arms extended in front of you. In one fluid motion, raise your legs and shoulders off the ground. Keep abs tight to absorb the tension. See how long you can hold it.



9. RELAXALATOR: Grasp the free end(s) in each hand and bend over at the waist while keeping your back and arms straight. Feel the stretch in your mid and upper back. Spread your arms out and slowly lower your torso toward the ground.

INTERMEDIATE WHOLE BODY WORKOUT #2

2 SETS / 15-20 REPS
3 TIMES PER WEEK
FOR 3-6 WEEKS

TEMPO: 2-1-3

-If you do 20 reps and don't feel fatigued, its too light.

NOTE: Please refer to the EXERCISE INDEX for helpful tips and variations on the following exercises.



1. ASSISTED SQUATS: Secure the ankle grips in place or stabilize the band under each heel and then wrap the middle around your lower back. Push yourself up through your heels to an upright position.



2. FLYES: Twist the band over and create an 'X'. Bring arms together in a semi-circular hugging motion while squeezing pecs together. Imagine trying to touch your elbows together in front of you. Touch your hands together or bring one over the other.



3. LAT PULLDOWNS: Grasp one side of a band in both hands with arms extended above head and pull your arms down laterally as you stretch the band. Squeeze your shoulder blades together as you slowly pull the band down.

4. UPRIGHT ROWS: Stabilize one band under both feet, forming a triangle with the band. With your hands close together, raise the band up from your waist toward your chin, keeping hands close to your body.





5. KICKBACKS: Starting with your elbows bent at a 90° angle, pull the band back until your arms are fully extended behind you. Keep your elbow fixed by your sides.

6. CABLEBAND CURLS: With arms extended, pull the bands toward the temples of your head or your chest. Hold briefly at the top, as if doing a biceps pose, before slowly returning to starting position. Perform with one post if you don't have two.



7. THE ROLL: Bend your knees and bring them as close to your chest as you can without raising your pelvis. Then lift your hips and glutes off the floor and roll your legs forward as you bring your knees to your shoulders.

8. THE OBLIQUATORY: Lie flat on your side with your knees bent and your feet tucked in. Cup your hands behind your head and raise your shoulders and upper back vertically off the floor by squeezing your oblique muscles. Hold briefly before returning to starting position. Alternate sides when finished.



9. LEG LIBERATOR: Keeping your leg straight, slowly pull it forward toward your head. Every time your leg advances, hold it briefly until your body readjusts before pulling further. After slowly pulling your leg forward to the farthest point possible, pull it to one side using the same technique. Finish by pulling your leg to the opposite side.

ADVANCED WHOLE BODY WORKOUT #1

2 SETS / 12-20 REPS
3-4 TIMES PER WEEK
FOR 3-6 WEEKS

TEMPO: 1-2-3

-If you do 20 reps and don't feel fatigued, its too light.

NOTE: Please refer to the EXERCISE INDEX for helpful tips and variations on the following exercises.



1. SQUATS: Stabilize one band under both feet and around shoulders. Unlock your hips, drop your butt down as if to sit on a chair, and slowly squat down until your thighs are parallel to the floor. Without bouncing at the bottom, push yourself up through your heels back to an upright position.

2. INCLINE PRESS: With your elbows out, push your arms up at a 45° angle.

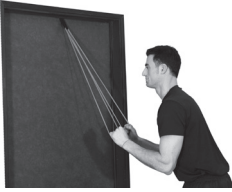


3. STRAIGHT ARM PULLDOWNS: With arms extended up and hands about shoulder width apart, pull the bar/band down toward your waist.

4. CABLEBAND LATERALS:

Grasp the band with your arm extended across your body and pull the band across your torso until your arm is extended out to the side. Slowly return to starting position while keeping the band taut.





5. TRICEPS PUSHDOWN:

With elbows planted by your sides, push the band down and fully extend your arms. Pause and flex your triceps briefly at the bottom before returning to starting position.

6. BANDBELL CURLS: With hands about shoulder width apart, keep your elbows planted by your side and slowly curl arms up in an arch toward your shoulders. Hold briefly at the point of maximum resistance and squeeze biceps before slowly releasing back to starting position.



7. THE WOODCHOPPER

(high-low): Lock both hands around the band (or handgrip) and pull arms diagonally across your body. Twist your torso while keeping your abs contracted, back straight and arms fixed in a slightly bent position. Alternate sides when finished.

8. THE WOODCHOPPER

(low-high): Lower the anchor point height and pull the band across your body diagonally upward. Alternate sides when finished.



9. LOWER BACK LUBRICATOR:

Wrap one or multiple band(s) around a front post. Keep your feet planted and slowly bow down, drop your buttocks and extend your arms forward. Unlock your hip joints and feel the stretch in your lower back. Slowly wiggle your buttocks from side to side to stretch your entire lower back region.

ADVANCED WHOLE BODY WORKOUT #2

**2 SETS / 12-20 REPS
v3-4 TIMES PER WEEK
FOR 3-6 WEEKS**

TEMPO: 1-2-3

-If you do 20 reps and don't feel fatigued, its too light.

NOTE: Please refer to the EXERCISE INDEX for helpful tips and variations on the following exercises.



1. STRAIGHT-LEG DEADLIFT:

Keeping your legs straight, bend over from the waist until you feel a slight stretch in your hamstrings, then contract your thighs and slowly raise yourself back up to a standing position. Keep your arms and back straight.

2. DECLINE PRESS: Grasp an end or the bar in each hand and push down at a 45° angle.



3. LAT PULLDOWNS:

With arms extended up, squeeze your shoulder blades together and slowly pull the band down towards your chest until your elbows are fully bent.

4. MILITARY PRESS:

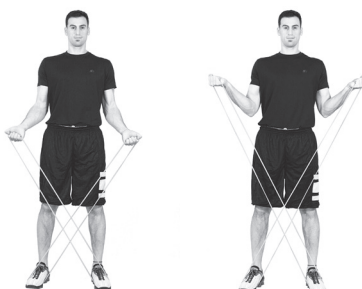
Stabilize one band under each foot with the ends close to your heels. With arms out laterally and elbows bent at 90°, push up until your arms are extended above your head.



**5. VERTICAL EXTENSIONS:**

Stabilize bands as close to your heels as possible. Grasp the bands behind your head with elbows bent and push the bands up through a semi-circular arch to a full arm extension.

6. CROSSBAND CURLS: Cross the bands in front of you by inserting one band through the other and grasp an end in each hand. Curl the bands out laterally toward your shoulders. Squeeze your biceps at the top before releasing back to starting position.



7. THE PLANK: Rest yourself on your forearms and toes while your body stays straight as a board. Compress your core region by rolling your tailbone in and squeezing your inner thighs; imagine bringing your pelvis to your spine. See how long you can bare it!

8. THE SIDE BRIDGE: After doing THE PLANK in a raised prone position, rotate over onto one side and balance yourself on your forearm and inside foot. Keep your body straight and your upper arm lightly resting on your thigh or extended up in the air for a challenge. Hold for as long as you can. Alternate sides when finished.



9. LOOSE ARM-ONLY: Keeping your arm straight, lean your torso toward your outside shoulder. Feel the stretch in your shoulder and upper back. Afterward, pivot around so that your outside arm becomes your inside arm. Now lean while facing the opposite direction to stretch the front of your shoulder and outer chest.

OTHER ROUTINES AVAILABLE AT RUBBERBANDITZ.COM

CIRCUIT TRAINING

Fitness can be divided into five main categories: aerobic fitness, muscular strength, muscular endurance, flexibility, and body composition. This section aims to develop your body in each of these categories.

The key objective is to maintain a high intensity for the duration of your routine. Move swiftly from one exercise to the next taking as little rest time as possible. When it comes to shedding pounds, no workout is more conducive to that goal than circuit training.

Training all the major muscles groups in one routine revs up activity in all the muscle cells, which increases the metabolic rate for up to 48-hours after exercising. This means you will actually burn calories while sitting around doing nothing after your workout.

SPLIT ROUTINES

These routines are designed to build muscle mass, as opposed to encouraging weight loss. Each muscle group is exercised more extensively in each routine but less frequently per week. This is an optional workout regimen that is geared towards athletic training and advanced workout enthusiasts. Beginners are advised to start with the WHOLE BODY WORKOUT ROUTINES to gain familiarity with the exercises before switching to a different routine style.

Try to superset (refer to glossary) all of your sets to maintain a high intensity, expedite your workout, and leave your muscles exhausted afterwards. Try to limit your rests to a quick breather only between sets after you have completed a superset.

The split routines are designed so that while you are working out one of the focused muscle groups, the other is resting and should be fresh for every alternating set.

RUBBERBANDITZ PILATES: "RUBBERlates"

We have provided a series of exercises that aim to build core strength, flexibility, muscle strength, joint stability and enhance the economy of motion while creating a sleek body and a flat abdomen. We integrated resistance band training techniques for a well-rounded workout that even Joseph Pilates (founder of Pilates) himself would be proud of.

The main focus of these routines is to develop the "Powerhouse," also known as "the girdle of strength." This is the area between the bottom of your rib cage and the line across your hips, an area too often neglected. These muscle areas include: hips, abs, obliques, diaphragm, lower back, and pelvis.

Regardless of your age, physical condition, or gender, "Rubberlates" is an effective routine for stabilization and strength training. Yes, manly men, this means you too!

MIX & MATCH SECTION:

Once you feel completely comfortable with all the exercises, you are ready to start designing your own workout routines based on your own personal workout objectives.

Changing your routines from time to time is very important. Keeping the body guessing is one of the keys to success. Alternating routines prevents the body from hitting plateaus, and ensures continued success with your workout. Here are a few things to keep in mind:

1. For a total body routine, start with your biggest muscle groups and work down to your small muscle groups (vertical loading). The sequence should generally be: legs, chest, back, shoulders, triceps, biceps, and core. Make sure to include stretching exercises as well. Stretching before (after warm-up) and after your workout is advised.
2. Aim for a total of 18-24 sets in your routine. A comprehensive routine should consist of anywhere between 6-12 different exercises.
3. Use higher resistance and do fewer reps to build more muscle mass. Use lower resistance and do more reps for muscle toning. Keep in mind that bulking up requires a calorie surplus in your diet. Trimming pounds requires a calorie deficit, and to maintain your weight requires caloric intake equilibrium.
4. If you select multiple exercises that target the same muscle group, choose ones that target different areas of that muscle group.
5. Whatever routine you design, **STICK TO IT!!!**

Here are a few suggestions to consider when designing a balanced split routine:

CHEST: Perform at least one press (i.e. FLAT, INCLINE or DECLINE BENCH). If you select multiple presses, stagger them so that you are not doing one after the other (ex: FLAT BENCH, to FLYES, then INCLINE BENCH). This will give your pecs a small amount of rest time and enable you to utilize them for the next press.

BICEPS: Do at least two lifts where your arms are positioned in front of your body (i.e. BANDBELL, HAMMER, ALTERNATE, or REVERSE CURLS) and one lift where your arms are out laterally from your body (i.e. CABLEBAND CURLS or CROSSBAND CURLS).

BACK: Include at least one variation of the LAT-BAND PULLDOWN along with one variation of the SEATED BAND-ROWS or BENT OVER BAND-ROWS.

TRICEPS: Perform at least one variation of the TRICEPS PUSHDOWN. DIPS and KICKBACKS are great definition exercises as well.

SHOULDERS: No one single exercise can target all three areas (front, lateral, rear) at the same time. Therefore, it is important to select exercises that will cover all three areas during your routine. The MILITARY PRESS is perhaps the most fundamental strength training shoulder exercise.

EXAMPLE

LAT PULLDOWN (upper lats) and SEATED ROW (lower lats)

or FRONT RAISES (front deltoids) and LATERAL RAISES (lateral deltoids)

LEGS: SQUATS are one of the most dynamic exercises to increase muscle mass, power, and strength in your lower body. This exercise recruits muscles from all over the body to work collectively, and is perhaps the best exercise you can do to hone many leg muscles at once. LUNGES are also a great way to harden your legs and glutes.

STRETCHING: Integrate stretching regularly into your workout routines according to what feels best for you. Try to stretch before (after warm-up) and after your routine.

CORE: Core exercises should be done as often as your time permits. This is an area that is very often underworked. Two to three times per week is sufficient and slightly more is okay so long as you allow for recovery.

Lift Name	Target
As loosely defined by traditional workout terminology	CAPITALIZED - target muscle(s) signifies primary muscle(s) used; lower case signifies secondary muscle(s) used
Post	A.P. Height
REAR - behind you SIDE - out laterally OVERHEAD - above you LOW - below waist level	Roughly, how high the band should be fixed relative to your body A.P. = Anchor Point (Please note that many glossary terms are italicized.)
Position	Grip Options
UPRIGHT = standing position SUPINE = lying on your back PRONE = lying on your stomach	BOLD GRIP OPTIONS signify our recommendation ALL = any grip option can function

Reference the following list to see what exercises fall under each muscle group.

CHEST

FLAT BENCH PRESS
INCLINE BENCH PRESS
DECLINE BENCH PRESS
PUSH-UPS
FLYES
PULLOVER

BICEPS

BANDBELL CURLS
HAMMER CURLS
ALTERNATE CURLS
CONCENTRATION CURLS
REVERSE CURLS
CABLEBAND CURLS
CROSSBAND CURLS

BACK

LAT PULLDOWNS
SEATED ROWS
BENT OVER ROWS
STRAIGHT ARM PULLDOWNS
REVERSE FLYES
DEADLIFT

TRICEPS

KICKBACKS
TRICEPS PUSHDOWN
DIPS
HORIZONTAL EXTENSIONS
ANIMALS
CLOSE GRIP PUSH-UPS
LATERAL EXTENSIONS
VERTICAL EXTENSIONS
OVERHEAD EXTENSIONS
WRAPPED SHOULDER
EXTENSION

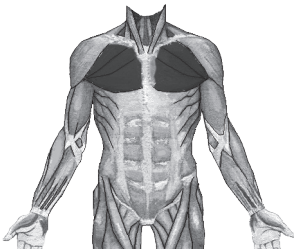
SHOULDERS

MILITARY PRESS
FRONT RAISES
LATERAL RAISES
UPRIGHT ROWS
REVERSE FLYES
CROSSBAND LATERALS
SKIERS
ISOLATION ROTATIONS
SHRUGS

LEGS

SQUATS
LUNGES
LEG PRESS
LEG EXTENSIONS
STRAIGHT-LEG DEADLIFT
GOOD MORNINGS
LEG CURLS
CALF RAISES
HIP ABDUCTOR/ADDUCTOR
RESISTED KICKS

CHEST: PECTORALIS (PECS)



Chest workouts concentrate on three areas: the upper, middle, and bottom. Keep your **back straight, abs tight**, and focus on utilizing your chest muscles for the following exercises. You will naturally work out your triceps when working out your chest. If you do not feel the resistance in the targeted area, try readjusting the anchor point (A.P.) height and/or your proximity to it. Remember to hold your rep at the point of maximum resistance for a few moments before returning back to starting position for a challenge (*Static Contraction Training*). Have a blast!

1. FLAT BENCH PRESS

Lift Name	Target
FLAT BENCH PRESS	PECS
Post	A.P Height
REAR	SHOULDER BLADE LEVEL
Position	Grip Options
UPRIGHT, SUPINE, OR SEATED	BAR, FREEHAND, HANDGRIPS



DESCRIPTION

Grasp one end in each hand with palms facing away from you and push your arms horizontally away from your body. Keep your hands aligned with your chest.

TIPS

- Start with elbows out 90° from your body and keep back straight.
- Keep arms tucked by your sides to engage triceps and inner chest; keep arms farther from your body to engage deltoids and outer chest (use a *wide* or *narrow* grip).
- Finish with 2-5 *negative reps* (refer to glossary) by slowing the regression to starting point to fully exhaust pectoral muscles.

VARIATIONS

1. Fasten two bands to rear post.
2. Wrap band behind your back and under shoulder blades (twist the band over and create an X to prevent band from sliding up your back).
3. Position band inside or outside of your arms; wear a protective layer of clothing if positioned outside.

2. INCLINE BENCH PRESS

Lift Name	Target
INCLINE BENCH PRESS	UPPER PECS
Post	A.P Height
REAR	LOWER BACK LEVEL
Position	Grip Options
UPRIGHT, SUPINE, OR SEATED	ALL

DESCRIPTION

With your elbows out, push your arms up at a 45° angle.



TIPS

- Concentrate on remaining within a constant line of maximum resistance.
- Take a step forward away from the A.P. to increase resistance.
- Keep the rest of your body still by restricting all movement to chest and arms.
- Finish set with 2-5 *negative reps*.

VARIATIONS

1. See FLAT BENCH PRESS

3. DECLINE BENCH PRESS



DESCRIPTION

Grasp an end in each hand and push band down at a 45° angle.

TIPS

- Keep pectoral muscles tight and forearms parallel to the band throughout lift.
- Do not arch your back.
- Finish sets with *negative reps*.

VARIATIONS

1. See FLAT BENCH PRESS

4. PUSH-UPS

Lift Name	Target
PUSH-UPS	PECS, triceps, lats
Post	A.P Height
REAR (around back)	UNDER SHOULDER BLADES
Position	Grip Options
PRONE	FREEHAND



DESCRIPTION

Twist the band over and create an ‘X’ similar to the BENCH PRESS to avoid slippage. Place palms on the floor slightly wider than shoulder width apart, just below your shoulders. Slowly lower yourself until your chest almost touches the floor then push yourself back up until arms are fully extended.

TIPS

- Keep body as straight as possible throughout the exercise (including head).
- Do not lock arms out at the top to avoid stress on elbows.
- Do *negative reps* by slowing down the regression and speeding up the “push-up” to exhaust chest and back muscles.

VARIATIONS

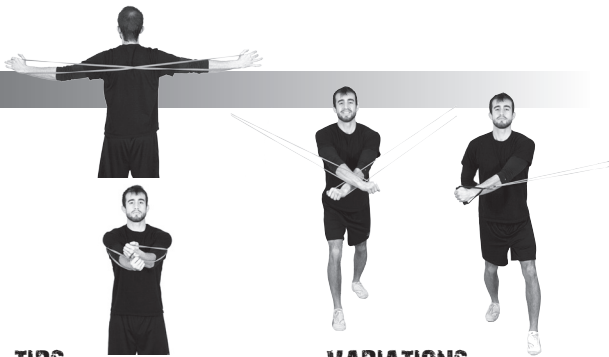
1. Rest your knees on the floor.
2. Place feet on an elevated surface to work lower pectorals.
3. Draw hands and elbows in closer toward your body to engage triceps.
4. Spread hands farther apart to engage shoulders and outer chest muscles.

5. FLYES

Lift Name	Target
FLYES	PECS
Post	A.P Height
SIDE, FRONT or REAR	CHEST LEVEL
Position	Grip Options
UPRIGHT, SEATED, SUPINE	HANDGRIPS, FREE-HAND

DESCRIPTION

Twist the band over and create an 'X'. Bring arms together in a semi-circular hugging motion while squeezing pecs together. Imagine trying to touch your elbows together in front of you. Touch your hands together or bring one over the other.



TIPS

- Keep elbows slightly bent in a fixed position.
- Imagine trying to pop a ping-pong ball between your pecs.
- Puff chest out slightly to stretch pecs.
- Hold rep at the *point of maximum resistance* for a challenge (*Static Contraction Training*).

VARIATIONS

1. Standing between two posts (distance apart can vary) or to the side of one, grasp end(s) and pull bands together. Step forward to raise resistance.
2. Raise A.P. height and bring hands together with downward diagonal motion to engage upper pecs.
3. Lower A.P. height and bring hands together with upward diagonal motion to engage lower pecs.

6. PULLOVER



DESCRIPTION

With arms extended above your head, push the band down in an arch in front of you. Lower arms until the bands gently touch your shoulders before returning to starting position.

TIPS

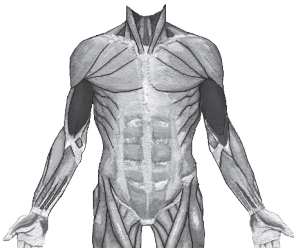
- Squeeze pecs during descent to avoid compensation from back and shoulder muscles.
- Maintain arms in a fixed, bent position.
- Move hands closer together for a challenge.
- You can bend your knees, squat down, or sit for comfort but keep your back straight.

Lift Name	Target
PULLOVER	PECS, lats, rear delts
Post	A.P Height
OVERHEAD	OVERHEAD
Position	Grip Options
UPRIGHT, SEATED	BAR , HANDGRIPS, FREEHAND

VARIATIONS

1. **LATS FOCUS:** Transfer resistance to your lats by squeezing shoulder blades together while lowering arms. Straighten arms as much as possible.
2. Use multiple bands.

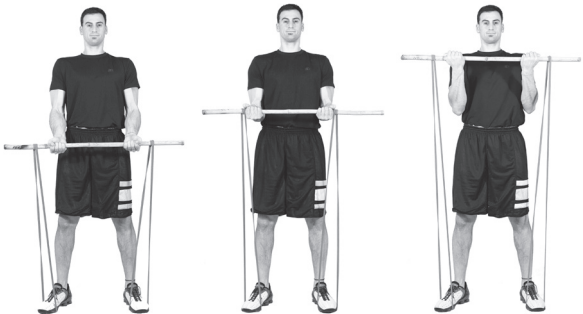
BICEPS BRACHII (BICEPS): and FOREARMS



Fully extend and contract your arms to get the entire range of motion for each biceps exercise. Remember to maintain **constant tension** on bands by not lowering you arms below the minimum point of resistance; this prevents your biceps from resting during the set. Keep your **wrists straight** and your **elbows in a fixed position** to help channel the resistance to your biceps. Try adjusting the A.P. height or your distance from the post to alter the resistance. As with most exercises, keep your **abs tight** and **back straight** for core stability.

7. BANDBELL CURLS

Lift Name	Target
BANDBELL CURLS	BICEPS
Post	A.P Height
LOW	UNDER FEET
Position	Grip Options
UPRIGHT	BAR, HANDGRIPS, FREEHAND



DESCRIPTION

With hands about shoulder width apart, keep your elbows planted by your side and slowly curl arms up in an arch toward your shoulders. Hold briefly at the point of maximum resistance and squeeze biceps before slowly releasing back to starting position.

TIPS

- Position bands under toes.
- Refrain from arching your back or swaying body forwards or backwards.
- Experiment by moving hands closer and farther apart.

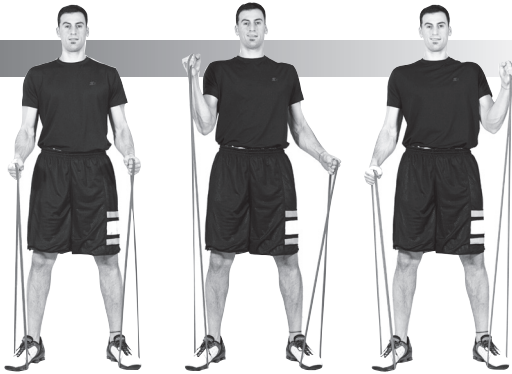
VARIATIONS

1. Wrap or stabilize one band to a front or low post to change the resistance (i.e. wrapping one band under a door that is perpendicular to your body).
2. 21's: Perform seven reps from starting position to the halfway point (arms bent at a 90° angle), then seven reps raising the bar from the halfway point up to a full curl (hands near shoulders), and finally seven full reps from starting position to a full curl. Increase or decrease the number of repetitions depending on workout objectives.

BICEPS

8. HAMMER CURLS

Lift Name	Target
HAMMER CURLS	BICEPS
Post	A.P Height
LOW	FOOT LEVEL
Position	Grip Options
SEATED, UPRIGHT	HANDGRIPS, FREE-HAND



DESCRIPTION

With both arms by your sides, curl your right arm in an arch to your right shoulder. Squeeze your right bicep at the top before returning back to starting position. Repeat with left arm when finished.

TIPS

- Keep abs tight and wrists straight.
- Maintain constant tension on both bands, even while one arm is resting.
- Slowly lift and lower each arm to prevent momentum from swinging your arms upward.

VARIATIONS

1. Twist your wrist up so that your palm faces your shoulder at the top of the movement.
2. Wrap one band under both feet and grasp an end in each hand to raise the resistance.
3. Stabilize the band(s) to a low front or rear post.

9. ALTERNATE CURLS



Lift Name	Target
ALTERNATE CURLS	BICEPS
Post	A.P Height
FRONT	KNEE LEVEL
Position	Grip Options
UPRIGHT, SEATED	HANDGRIPS, FREEHAND

DESCRIPTION

Grasp an end in each hand with palms facing each other and alternate pulling one hand across your torso toward the opposite breast. Lift one band at a time to isolate each bicep.

TIPS

- Bend knees slightly and keep elbows tucked by your side.
- Maintain at least minimal resistance on each arm while resting.
- Avoid using momentum to assist in the curl.

VARIATIONS

1. Perform seated with band wrapped around a front post.
2. Use two bands fastened to two front posts.

10. CONCENTRATION CURLS

Lift Name	Target
CONCENTRATION CURLS	BICEPS
Post	A.P Height
FRONT	FOOT-SHIN LEVEL
Position	Grip Options
SEATED	HANDGRIPS, FREEHAND



DESCRIPTION

Curl your hand toward your shoulder while your elbow rests on your inner thigh. Squeeze your biceps at the top before slowly returning back to starting position. Repeat with opposite arm when finished.

TIPS

- Do not bend your wrist for assistance.
- If you don't feel tension in biceps, try re-angling chair or adjusting A.P. height.
- Keep elbow firmly planted on thigh.

VARIATIONS

1. Sit on the floor instead of a chair.

11. REVERSE CURLS



Lift Name	Target
REVERSE CURLS	BICEPS, forearms
Post	A.P Height
LOW	UNDER FEET
Position	Grip Options
UPRIGHT, SEATED	BAR, HANDGRIPS, FREEHAND

DESCRIPTION

Grasp the band with both hands at your waist and slowly curl the band up in an arch toward your chin with your palms facing down. Hold your contraction momentarily at the top before returning back to starting position.

TIPS

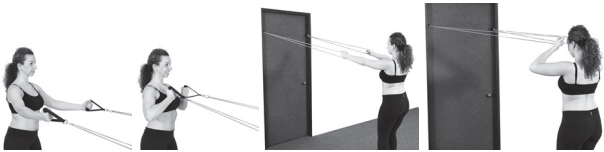
- Keep wrists straight, shoulders down and elbows by your side.
- If seated, keep legs straight.
- Use a bar to lower the resistance and balance the weight distribution.
- To raise the resistance, spread feet farther apart or loop the band.

VARIATIONS

1. Loop one band around each foot or *interlock two bands at their midpoint*.

12. CABLEBAND CURLS

Lift Name	Target
CABLEBAND CURLS	BICEPS
Post	A.P Height
SIDE or FRONT	HEAD LEVEL
Position	Grip Options
SEATED, UPRIGHT	HANDGRIPS, FREEHAND



DESCRIPTION

With arms extended, pull the bands toward the temples of your head, chest or shoulders. Hold briefly at the top, as if doing a biceps pose, before slowly returning to starting position. Perform with one post if you don't have two.

TIPS

- Keep your upper arms stationary.
- Take a step back to raise resistance.
- Alter the A.P. height for a different feel.
- If using two posts, the distance between posts can vary widely according to availability (see video for ideas).

VARIATIONS

1. Alternate sides: raise your right hand to your head (or chest) and hold it stationary until you bring your left hand to your head. Lower your right hand while your left arm stays flexed. Repeat.
2. Experiment by sitting, standing or kneeling.

13. CROSSBAND CURLS



DESCRIPTION

Cross the bands in front of you by inserting one band through the other and grasp an end in each hand. Curl the bands out laterally toward your shoulders. Squeeze your biceps at the top before releasing back to starting position.

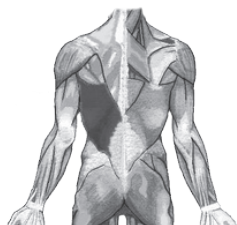
TIPS

- Keep abs tight and elbows stationary by your side.
- Force your arms outward laterally while maintaining constant tension in biceps.
- You may feel some resistance in your shoulders.

VARIATIONS

1. Position your arms more to the front or farther out laterally from your body.
2. Point palms downward to engage forearms.
3. Use a low front post.

BACK: LATISSIMUS DORSI (LATS) and RHOMBOIDES

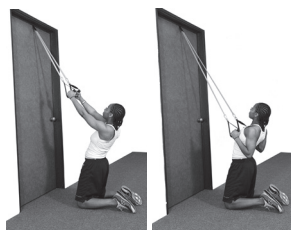


Protect your lower back by keeping your **abs tight** and your **back straight**. **Squeeze your shoulder blades together** behind you to engage lat muscles.

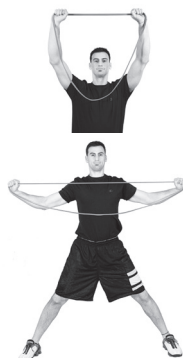
Hold the contraction momentarily at the *point of maximum resistance* before returning to starting position. Inserting a bar will lower the resistance and help balance the weight distribution. This shouldn't be **back-breaking** work, so start

with low resistance to ensure proper form!

14. LAT PULLDOWNS



Lift Name	Target
LAT PULLDOWNS	LATS, traps (mid/upper back)
Post	A.P Height
OVERHEAD	OVERHEAD
Position	Grip Options
UPRIGHT, SEATED	BAR, HANDGRIPS, FREEHAND



DESCRIPTION

With arms extended up, squeeze your shoulder blades together and slowly pull the band down towards your chest until your elbows are fully bent.

TIPS

- Relax your arms and lead with elbows. Keep the rest of your body motionless.
- A close grip will engage rhomboid muscles and an underhand grip will also engage biceps.
- A high post may allow you to stand where a low post may require you to sit, kneel, or take a staggered stance with one foot in front of the other.
- Change your approach periodically for a well-rounded workout.

VARIATIONS

1. Explore your range of grip options: *wide* or *close grip* combined with either *overhand* or *underhand holds*.
2. Lean forward and pull the bands down behind your head.
3. Lean back and pull the bands down toward your chest.
4. No A.P: grasp one side of a band in both hands with arms extended above head and pull your arms down laterally as you stretch the band.

15. SEATED ROWS

Lift Name	Target
SEATED ROWS	LATS (mid & low back)
Post	A.P Height
FRONT	BELLY BUTTON LEVEL
Position	Grip Options
SEATED	ALL

DESCRIPTION

With your arms extended forward, squeeze your shoulder blades together as you pull the band back as far as you can toward your stomach.



TIPS

- Don't let your arms and shoulders do all the work.
- Keep your torso still, knees slightly bent, chest out and back straight.
- Tighten your abs and try not to rock back and forth.

VARIATIONS

1. Pull one arm back at a time or both simultaneously.
2. Insert a bar for different grip combinations (*close/wide and overhand/underhand*).
3. Use two bands to lower the resistance- either around each foot or interlocked at their midpoints.

16. BENT OVER ROWS



Lift Name	Target
BENT OVER ROWS	LATS (mid back)
Post	A.P Height
FRONT	KNEE LEVEL
Position	Grip Options
BENT OVER	ALL

DESCRIPTION

Wrap one band around elevated foot or front post, bend over slightly at the hips and grasp an end in each hand. Pull the band toward your abdomen.

TIPS

- Keep abs tight and upper body still.
- Lift your chest to maintain the natural arch in your back.
- Pull hands toward stomach to engage lower lats; pull hands in higher toward chest to engage upper lats.
- Experiment with different grip options and A.P. heights.



VARIATIONS

1. Use a different front post.

17. STRAIGHT ARM PULLDOWNS

Lift Name	Target
STRAIGHT ARM PULLDOWNS	LATS (upper back), deltis
Post	A.P Height
FRONT	OVERHEAD
Position	Grip Options
UPRIGHT, SEATED BENT OVER,	BAR , HANDGRIP, FREEHAND

DESCRIPTION

With arms extended up and hands about shoulder width apart, pull the bar/band down toward your waist.



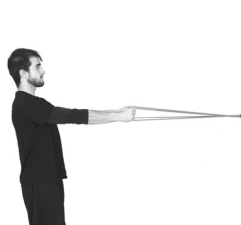
TIPS

- Keep shoulder blades drawn tightly together, elbows slightly bent in a fixed position and wrists straight.
- Be creative with your positioning- stand on a platform, kneel, sit or bend over at the waist to adjust your height; lower yourself to raise the resistance.
- Take a small step forward or backward to modify your 'pull-down'.

VARIATIONS

1. Explore different grip options.
2. *Interlock bands at their midpoints* when using a high overhead post to lower resistance.

18. REVERSE FLYES



DESCRIPTION

With arms extended forward, pull your arms back in a circular motion as far as you can.

TIPS

- Focus on pinching your shoulder blades together.
- Keep elbows fixed in a slightly bent position and arms elevated at the same height.

Lift Name	Target
REVERSE FLYES	LATS (upper back), DELTOIDS (rear)
Post	A.P Height
FRONT	SHOULDER LEVEL
Position	Grip Options
UPRIGHT, SEATED	HANDGRIPS, FREEHAND

VARIATIONS

1. Use a lower A.P. and pull the band back at a slightly upward angle.
2. Use a higher A.P. and pull the band back at a slightly downward angle.
3. No A.P: Grasp one band in both hands. Starting with hands close together, replicate the same movement by pulling your arms back and hands apart as if trying to touch your elbows together behind your back.

19. DEADLIFT

Lift Name	Target
DEADLIFT	LATS (lower back), hams, glutes, core
Post	A.P Height
LOW	UNDER FEET
Position	Grip Options
UPRIGHT - BENT OVER	BAR, HANDGRIP, FREEHAND

DESCRIPTION

In a bent-over position with palms facing your body, pull yourself up with your core and raise your chest until you are in an upright position. Keep arms by your side and back straight. Slowly lower torso back to starting position by pulling your hips back and keeping your shoulders over your ankles.

TIPS

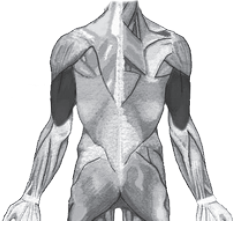
- All body movement should originate by bending at the hips.
- Keeps abs tight to prevent strain on lower back.
- Hips, lower back and abs should work together like a crane that comfortably pulls you up and lowers you into place.
- Use your arms as hooks to hold the band or bar without assisting in the lift.
- Keep your back straight and knees slightly bent.

VARIATIONS

1. Keep legs completely straight for the STRAIGHT LEG DEADLIFT, to exercise hamstring and glute muscles. (Refer to Legs Section.)



TRICEPS: TRICEPS BRACHII



Tricep muscles are composed of three heads: lateral head, long head, and medial head – hence the **TRI** in triceps. Target your triceps more acutely by keeping your wrists straight and elbows planted in a fixed position with your upper arms still. Maintain **constant tension** on bands by not regressing past the minimum point of resistance so your muscles don't get a break until after the set. During your set, take your time and **flex your triceps** for a few moments at the *point of maximum* resistance before returning back to starting position. If you don't feel the resistance in your triceps, try readjusting the A.P. and/or your distance from the post. Finally, keep your **abs tight** and **back straight** to protect and stabilize your core. *TRI* it, baby!

20. TRICEPS PUSHDOWN

Lift Name	Target
TRICEPS PUSHDOWN	TRICEPS
Post	A.P Height
FRONT	OVERHEAD
Position	Grip Options
UPRIGHT, BENT OVER	BAR, HANDGRIPS , FREEHAND



DESCRIPTION

With elbows planted by your sides, push the band down and fully extend your arms. Pause and flex your triceps briefly at the bottom before returning to starting position.

TIPS

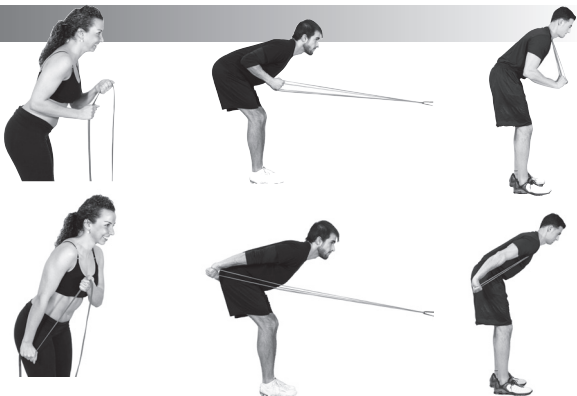
- Resist the urge to put any body weight into the pushdown.
- Position your feet in a staggered stance or side-by-side.
- Lower yourself to raise the resistance.

VARIATIONS

1. Wrap band over the top of an open door positioned perpendicular to your body.
2. Experiment with different grip options: *underhand grip* will engage forearms.
3. Turn your back to face away from the A.P.

21. KICKBACKS

Lift Name	Target
KICKBACKS	TRICEPS
Post	A.P Height
FRONT	KNEE LEVEL
Position	Grip Options
BENT OVER	HANDGRIPS, FREEHAND



DESCRIPTION

In a bent-over position with your elbows bent at a 90° angle, pull the band(s) back until your arms are fully extended behind you.

TIPS

- Keep elbows fixed by your side to engage triceps, avoiding help from deltoids.
- Keep feet close together with torso still and back straight for balance.
- Take a step back to raise resistance.

VARIATIONS

1. Wrap one band around a front post for higher resistance.
2. Alternate one arm at a time to isolate each side.

22. DIPS



DESCRIPTION

Place two chairs of equal height across from each other about 3-5ft (1-1.5 m) apart. Place your hands shoulder-width apart behind you on one chair and maintain your balance as you prop your feet up on the other chair. Slowly lower your body until you descend to a 90° bend in your arms, and then push yourself back up to starting position.

TIPS

- Raise your body in one vertical line during the ascent and descent.
- Keep your back as close as possible to the chair behind you.
- Aside from arms, keep the rest of your body motionless.
- Do not go much lower after elbows reach a 90° angle to avoid injury.

Lift Name	Target
DIPS	TRICEPS, pecs
Post	A.P Height
SHOULDERS	NONE
Position	Grip Options
SUPINE	FREEHAND

VARIATIONS

1. Cross feet at ankles to minimize leg movement.
2. If you don't have two chairs of the same height, use any two stationary objects (i.e. bench/ table/bed). Rest feet on the higher stationary object for an extra challenge.

23. HORIZONTAL EXTENSIONS

Lift Name	Target
HORIZONTAL EXTENSIONS	TRICEPS
Post	A.P Height
REAR	HEAD LEVEL
Position	Grip Options
UPRIGHT, BENT OVER	BAR, HANDGRIPS, FREEHAND



DESCRIPTION

Grasping the bar or band in front of your forehead, push forward in a semi-circular arch until your arms are fully extended in front of you.

TIPS

- Bend your knees slightly.
- Space the band ends wider apart to increase resistance.
- Keep upper arms stationary to isolate triceps.

VARIATIONS

1. Wrap one band around an overhead post and assume a bent-over position with the A.P. directly above your head.

24. ANIMALS



DESCRIPTION

Grasp the bar/band with your hands shoulder-width apart and bend over at the hips so that your head is under the A.P. While maintaining your arms locked in a 90° angle, pull the bar down in a circular path in front of your body.

TIPS

- Don't let your back or chest compensate – use your triceps!
- This is a difficult lift, so start with a low resistance, increasing gradually as you maintain proper form.

Lift Name	Target
ANIMALS	TRICEPS
Post	A.P Height
REAR	OVERHEAD
Position	Grip Options
BENT OVER	BAR, HANDGRIP, FREEHAND

VARIATIONS

1. If using a high overhead post *interlock two bands at their midpoints.*

25. CLOSE GRIP PUSH-UPS

Lift Name	Target
CLOSE GRIP PUSH-UPS	TRICEPS, pecs
Post	A.P Height
REAR (around back)	UNDER SHOULDER BLADES
Position	Grip Options
PRONE	FREEHAND



DESCRIPTION

Position yourself in push-up position with hands closer to your body in order to isolate your triceps. Twist a band over, creating an X, and wrap it around your back. Start by lying flat on your stomach with your hands just under your pecs. Push yourself up to a full arm extension.

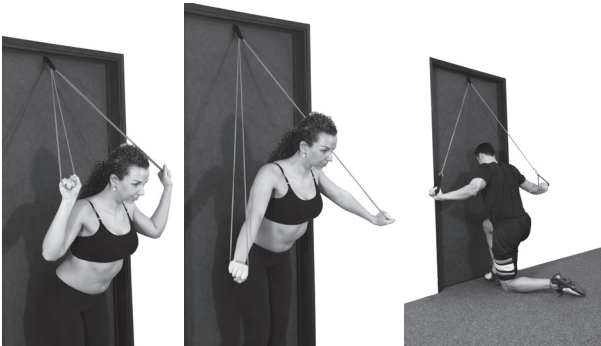
TIPS

- Point toes down to help maintain your balance.
- Remove the band to lower resistance.

VARIATIONS

1. Place knees on the ground and form a triangle between your torso, arms and the floor.
2. Position your hands closer together for a challenge.
3. Hold yourself up in a motionless position, with your body off the ground for an added challenge (*static*).

26. LATERAL EXTENSIONS



DESCRIPTION

Grasp band with arms bent and palms facing out. Bend over slightly at the hips and push the band down laterally away from your body in a semi-circular arch while keeping your upper arms still.

TIPS

- Puff your chest out to isolate triceps.
- Experiment by pushing the band down at different angles from your body.
- If you feel pain in your shoulders, bring your elbows more toward the front of your torso.

VARIATIONS

1. Face palms toward your body to engage forearms.

27. VERTICAL EXTENSION



Lift Name	Target
VERTICAL EXTENSION	TRICEPS
Post	A.P Height
REAR	FEET
Position	Grip Options
UPRIGHT, SEATED	BAR, HANDGRIPS , FREEHAND

DESCRIPTION

Stabilize bands as close to your heels as possible. Grasp the bands behind your head with elbows bent and push the bands up through a semi-circular arch to a full arm extension.

TIPS

- Keep upper arms motionless beside your head to isolate triceps.
- Keep your back straight, abs tight and knees slightly bent.



VARIATIONS

1. Sit up on your knees and wrap a band around your shins.
2. **No A.P.** - grasp one end of a band behind you with your elbow pointed upward. Grasp the middle of the same band with your opposite hand behind your back. Extend your upper arm up while securing the band in place with the opposite hand.
3. Position elbows out laterally from your body or pointed in front of you.

28. OVERHEAD EXTENSIONS

Lift Name	Target
OVERHEAD EXTENSIONS	TRICEPS
Post	A.P Height
REAR	NECK LEVEL
Position	Grip Options
BENT OVER, SEATED	BAR, HANDGRIPS , FREEHAND



DESCRIPTION

Begin in a bent over position with feet staggered and legs hip-width apart. Push the band forward in a horizontal line above your head to a full arm extension.

TIPS

- Keep your upper arms and torso completely motionless.
- The farther you lean forward, the more tension you will feel in your upper back.
- Step forward or adjust A.P. height to alter resistance.

VARIATIONS

1. Use an *overhand/underhand* or *wide/narrow* grip.
2. *Interlock two bands at their midpoints* or fasten two bands to a rear post.

29. WRAPPED SHOULDER EXTENSION



Lift Name	Target
WRAPPED SHOULDER EXTENSION	TRICEPS
Post	A.P Height
REAR	SHOULDER BLADE LEVEL
Position	Grip Options
UPRIGHT, SEATED	BAR, FREEHAND

DESCRIPTION

Wrap one band around your back and under your shoulder blades. Grasp an end in each hand. With elbows bent, extend your arms as you push the ends forward.

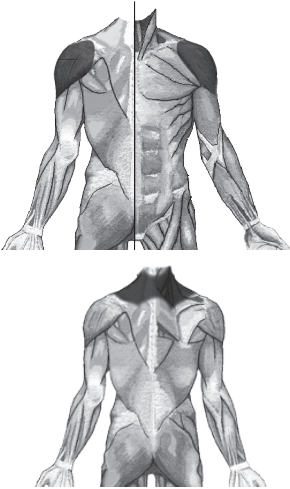
TIPS

- Make sure the band is twisted over, forming an "X" behind you to avoid slippage.
- Keep upper arms still.
- Wear a protective layer of clothing to prevent the band from irritating your skin.

VARIATIONS

1. Move elbows inwards or outwards.

SHOULDERS: DELTOIDS (DELTS) and TRAPEZIUS (TRAPS)



Deltoids consist of three main areas: front (anterior), lateral (medial) and rear (posterior). **Start with a low resistance** to enhance your form and avoid injury. Inserting a bar will help to balance the resistance and offer more control. **Maintain at least minimal resistance** on the bands at all times for a more efficient workout and to minimize the shock to your muscles when beginning the subsequent rep. Hold your rep briefly at the *point of maximum resistance* for a challenge (*Static Contraction Training*). If you don't feel the resistance in your targeted muscle group, readjust the A.P. and/or your distance from the post. As with most exercises, keep your **abs tight** and **back straight** to protect and stabilize your core. You will feel great after your workout if you can *shoulder* the load.

30. MILITARY PRESS



Lift Name	Target
MILITARY PRESS	DELTOIDS (front, medial), traps
Post	A.P Height
LOW	UNDER FEET
Position	Grip Options
UPRIGHT, SEATED	ALL



DESCRIPTION

Stabilize one band under each foot with the ends close to your heels. With arms out laterally and elbows bent at 90°, push up until your arms are extended above your head.

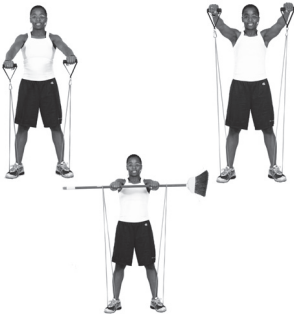
TIPS

- Keep back straight and abs tight to avoid lower back strain.
- Take a wider stance or loop the bands to raise resistance.
- Use a bar to balance and lower overall resistance.

VARIATIONS

1. Lift one band at a time, moving arms in opposition to isolate each deltoid.
2. Seated: Fasten two bands on either side of you or wrap one band under a low post.
3. Raise bands in a straight line behind your head to engage trap muscles.

31. FRONT RAISES



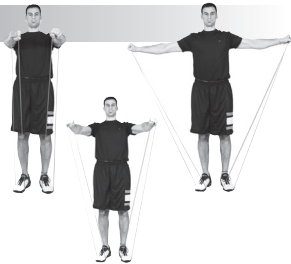
DESCRIPTION

With arms slightly bent by your side, alternate raising each arm up in front of you or raise both arms up simultaneously. Hold briefly at the *point of maximum* resistance before returning back to starting position.

Lift Name	Target
FRONT RAISES	DELTOIDS (front)
Post	A.P Height
LOW	FOOT LEVEL
Position	Grip Options
UPRIGHT	ALL

TIPS

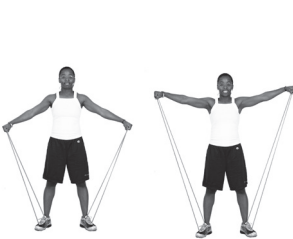
- Keep elbows slightly bent in a fixed position.
- Do not rock your torso back and forth.
- Maintain at least minimal resistance on both bands at all times.



VARIATIONS

1. Raise arms simultaneously or alternate arms, raising one arm while lowering the other (arms should pass each other at the halfway point).
2. Stabilize one band under both feet.
3. Fasten one or two bands to a low rear post.
4. 3-Way: Alternate by raising the bands directly in front of you (FRONT RAISE), out to your sides (LATERAL RAISES), and 45° outward away from your body.

32. LATERAL RAISES



DESCRIPTION

With arms slightly bent by your side, alternate raising each arm out laterally or raise both arms up simultaneously. Hold briefly at the *point of maximum* resistance before returning back to starting position.

Lift Name	Target
LATERAL RAISES	DELTOIDS (medial), traps
Post	A.P Height
LOW	UNDER FEET
Position	Grip Options
UPRIGHT, BENT OVER	HANDGRIPS, FREEHAND

TIPS

- Keep elbows slightly bent in a fixed position.
- Do not rock your torso back and forth.
- Maintain at least minimal resistance on both bands at all times.



VARIATIONS

1. Stabilize one band under both feet.
2. Fasten one or two bands to a low rear post.
3. 3-Way: Alternate by raising the bands directly in front of you (FRONT RAISE), out to your sides (LATERAL RAISES), and 45° outward away from your body.

33. UPRIGHT ROWS

Lift Name	Target
UPRIGHT ROWS	DELTOIDS, lats, traps
Post	A.P Height
LOW	UNDER FEET
Position	Grip Options
UPRIGHT	BAR, FREEHAND, HANDGRIPS

DESCRIPTION

Stabilize one band under both feet, forming a triangle with the band. With your hands close together, raise the band up from your waist toward your chin, keeping hands close to your body.

TIPS

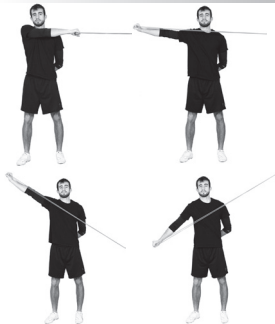
- Lead with your elbows as you lift.
- Your back and trap muscles will naturally want to assist your deltoids.
- This should be a smooth motion without any jerking
- Spread feet apart or loop band to raise resistance.

VARIATIONS

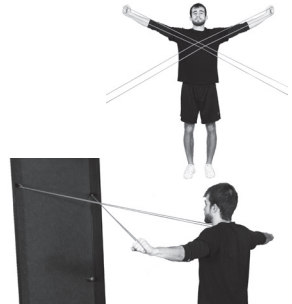
1. Use a different low front post to lower or shift the resistance.
2. Stabilize one band under each foot.



34. CABLEBAND LATERALS



Lift Name	Target
CABLEBAND LATERALS	DELTOIDS (rear)
Post	A.P Height
LATERAL	CHEST LEVEL
Position	Grip Options
UPRIGHT, BENT OVER	HANDGRIPS, FREEHAND



DESCRIPTION

Grasp the band with your arm extended across your body and pull the band across yourself until your arm is extended out to the side. Slowly return to starting position while keeping the band taut.

TIPS

- Maintain elbows fixed in a slightly bent position.
- Keep your arm parallel to the ground.
- Angle yourself toward or away from A.P. to modify resistance.
- Take a wider stance to maintain balance.

VARIATIONS

1. Lower the A.P. height and raise your arm across your body at a slightly upward angle.
2. Raise the A.P. height and lower your arm across your body at a slightly downward angle.
3. Fasten two bands to two lateral posts and perform exercise with both arms simultaneously.
 - Cross the bands (one through the other) to avoid friction.

35. SKIERS

Lift Name	Target
SKIERS	DELTOIDS (rear)
Post	A.P Height
FRONT	KNEE LEVEL
Position	Grip Options
BENT OVER	HANDGRIPS, FREEHAND



DESCRIPTION

With your arms extended forward, pull your arms back as far as you can. Hold briefly at the *point of maximum* resistance before returning to starting position.

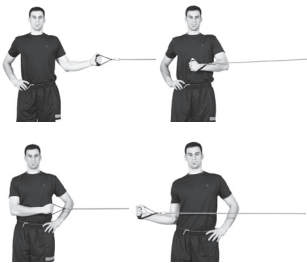
TIPS

- Maintain arms as straight as possible to direct the tension to your shoulders instead of triceps.
- Roll your shoulders forward to engage rear deltoids.

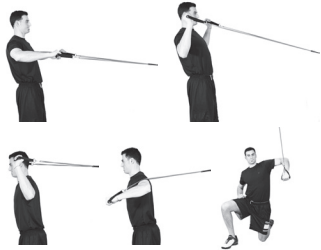
VARIATIONS

1. Use one band to significantly raise resistance.

36. ISOLATION ROTATIONS



Lift Name	Target
ISOLATION ROTATIONS	DELTOIDS, rotator cuff
Post	A.P Height
LATERAL or OVERHEAD	BELLYBUTTON LEVEL
Position	Grip Options
UPRIGHT, SEATED	HANDGRIPS, FREEHAND



DESCRIPTION

Start with your shoulder facing the A.P. and your elbow bent at 90° by your side. Pull the band horizontally across your body. Then turn around and pull the band across your body in the opposite direction using the same hand. Alternate sides when finished.

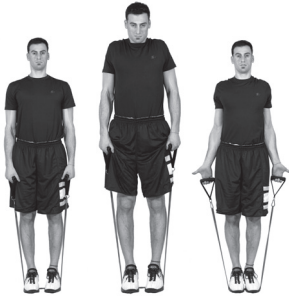
TIPS

- Keep your elbow planted by your side and your forearm parallel to the ground.
- Hold your upper arm in place with the other hand to limit movement.

VARIATIONS

1. ROTATOR CUFF: Fasten or wrap band around a front post with A.P. height around chest level; pull arms back in a circular motion while keeping upper arm parallel to floor.
2. Fasten a band to an overhead post; pull forearm down in a circular motion (instead of backward).
 - Any variation can use two bands to engage both arms simultaneously.

37. SHRUGS



Lift Name	Target
SHRUGS	TRAPS
Post	A.P Height
LOW	UNDER FEET
Position	Grip Options
UPRIGHT, SUPINE	BAR, HANDGRIPS, FREEHAND



DESCRIPTION

With your arms by your sides, raise your shoulders as high as you can. Hold the contraction for several seconds at the top, and then slowly lower your arms back to starting position.

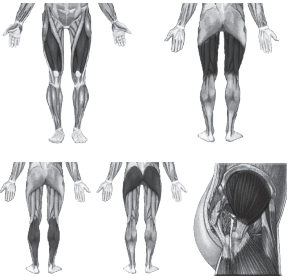
TIPS

- Maintain arms as straight as possible. Keep your back straight, abs tight and knees slightly bent.
- Pull your shoulders up toward your ears.
- Squeeze your shoulders together behind you as you raise them up; don't roll them forwards or backwards at the top.

VARIATIONS

1. Insert a bar between the ends behind you.
2. Fasten two bands to two low front or lateral posts.
3. Do fewer repetitions, but hold each rep at the *point of maximum resistance* for as long as possible (*Static Contraction Training*).
4. WRIST CURLS: Using handgrips, curl the grips up and down your hands to contract your forearms at the top of your SHRUG.
 - Do this variation in conjunction with SHRUGS or on its own.

LEGS: QUADRICEPS (QUADS), HAMSTRINGS (HAMS), CALVES, BUTTOCK (GLUTES), and HIPS



Always protect your knees! Don't lock them out during any exercise to avoid excess strain. **Start with a low resistance** to enhance your form and encourage proper muscle development. Keep the bands taut by staying within the constant line of resistance so that your leg muscles never get a rest until after your set. Perform each exercise **slowly** to prevent momentum from speeding up your repetitions. Stay conscious of your breathing patterns to help maintain a consistent tempo, especially for more challenging lifts; exhale during the difficult portion and then inhale while returning back up to starting position. Last but not least... keep those **abs tight** and that **back straight!**

Squats are a great all-around exercise for legs.

38. SQUATS



Lift Name	Target
SQUATS	QUADS, hams, glutes
Post	A.P Height
LOW	UNDER FEET
Position	Grip Options
UPRIGHT	BAR, HANDGRIPS, FREEHAND



DESCRIPTION

Stabilize one band under both feet and around both shoulders. Unlock your hips, drop your butt down as if to sit on a chair, and slowly squat down until your thighs are parallel to the floor. Without bouncing at the bottom, push yourself up through your heels back to an upright position.

TIPS

- Keep feet slightly wider than shoulder width apart with all body weight on heels.
- You should feel tension in thighs and buttocks, not the knees or back.
- Drop your buttocks lower for an added challenge.
- Knees should not extend past your toes; if they do, you are leaning too far forward.
- Arch your back slightly inward and pinch your shoulder blades together.
- Point your toes outward to engage inner thigh muscles; point toes inward to engage outer thighs.
- Focus eyes on a specific point in front of you to help your balance.

VARIATIONS

1. Two bands: Stabilize one band under each foot with the other end crossed over your body and stabilized around the opposite shoulder. Insert a bar and rest it on your shoulders behind your neck.
2. Extend your arms up and hold the band(s) above your head to increase resistance.
3. One leg: Place one foot on a chair behind you and SQUAT down with the other leg.

39. LUNGES

Lift Name	Target
LUNGES	QUADS, hams, glutes
Post	A.P Height
LOW	UNDER FOOT
Position	Grip Options
UPRIGHT	FREEHAND



DESCRIPTION

With one end of a band stabilized under your foot and around both shoulders, take one giant pace forward and lower yourself until the opposite knee almost touches the ground. Push yourself up through your front thigh; step your front leg back to starting position.

TIPS

- At the bottom of the LUNGE, your front knee should be bent so that it blocks your line of vision to your front foot, but is not bent past your foot.
- Your lead foot should stay flat on the ground until lifted back up to the rear foot.
- Longer strides target glutes; shorter strides target quads.
- Engage hamstrings by keeping the trailing leg as straight as possible as you go down.
- LUNGE slowly to intensify the workout.

VARIATIONS

1. Wrap a band under your lead foot and grasp the ends in each hand.
2. Bring trailing leg forward to lead leg as you come up and gradually walk forward. This works well without bands since you can easily alternate sides as you walk. Hold any heavy object during the workout for a challenge.

40. LEG PRESS



DESCRIPTION

Stabilize one band around each shoulder and under the opposite foot. With your knees bent in close to your chest, push your legs out to a full extension.

TIPS

- Maintain constant tension on the bands.
- Loop the bands around your feet to raise the resistance.
- Unite bands with a clip or twist them in the middle to minimize the friction against your legs.

Lift Name	Target
LEG PRESS	QUADS
Post	A.P Height
REAR	BACK/SHOULDER
Position	Grip Options
SUPINE	ANKLE STRAPS, FREEFOOT

VARIATIONS

1. Stabilize one band under both feet and around both shoulders.
2. Lower band(s) from your shoulders down toward your lower back for a more vertical press.

41. LEG EXTENSIONS



DESCRIPTION

With the bands positioned on the inside of your legs, elevate your knee to raise your foot off the ground. Slowly kick your foot out until your leg is fully extended. Contract your quad muscle before slowly returning back to starting position. Perform with your other leg when finished so you don't walk funny later.

Lift Name	Target
LEG EXTENSIONS	QUADS
Post	A.P Height
REAR	SHIN LEVEL
Position	Grip Options
SEATED	ANKLE STRAPS, HANDGRIPS, FREEFOOT

TIPS

- Keep knee elevated so that your foot never touches the ground.
- Position chair farther from A.P. to increase resistance.
- Place a rolled-up towel or pillow under your thigh to prop up your leg.



VARIATIONS

1. Double Leg: Prop both legs up off the ground and extend both legs simultaneously.
2. Upright: Raise knee and extend leg forward. Touch any stationary object for balance.

42. GOOD MORNINGS



DESCRIPTION

Start with your feet a little closer together than shoulder-width apart and your toes pointing slightly inward. Bend at the hips and lower yourself until your torso is nearly parallel to the floor. Contract your abs, glutes and leg muscles as you pull yourself back up to a standing position.

TIPS

- The sensation should be like having a hinge in your hips with no movement occurring below the hips (same as DEADLIFTS).
- Keep legs and back straight with shoulder blades locked together.
- Ascend and descend slowly for greater control.
- Drop torso lower for an additional challenge.

Lift Name	Target
GOOD MORNINGS	HAMS, glutes, hips, core
Post	A.P Height
LOW	UNDER FEET
Position	Grip Options
BENT OVER	FREEHAND

VARIATIONS

1. Lower the band from behind your neck down to your shoulder blades or upper back to shift the resistance.

43. STRAIGHT-LEG DEADLIFT

Lift Name	Target
STRAIGHT-LEG DEADLIFT	HAMS, glutes, hips, core
Post	A.P Height
LOW	UNDER FEET
Position	Grip Options
UPRIGHT	BAR, FREEHAND HANDGRIPS,

DESCRIPTION

Keeping your legs straight, bend over from the waist until you feel a slight stretch in your hamstrings, then contract your thighs and slowly raise yourself back up to a standing position.

TIPS

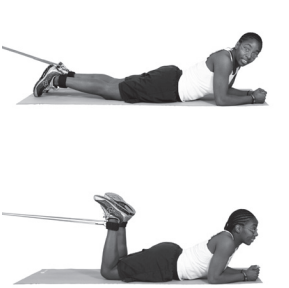
- Tighten your abs and squeeze your glutes.
- Keep legs straight to direct resistance to hamstrings instead of lower back.
- Lock shoulder blades together to help straighten your back.
- See DEADLIFT in the BACK section for other helpful hints.



VARIATIONS

1. STRAIGHT LEG DEADLIFT targets hamstrings; DEADLIFT targets lower back.

44. LEG CURLS



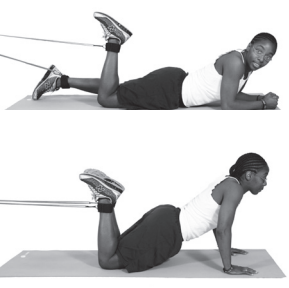
Lift Name	Target
LEG CURLS	HAMS
Post	A.P Height
REAR	KNEE LEVEL
Position	Grip Options
PRONE	ANKLE STRAPS, HANDGRIPS, FREEFOOT

DESCRIPTION

Bend your knees slightly to make the band taut. Pull your feet in toward your buttocks, then release back to starting position.

TIPS

- Raise the A.P. height to engage your lower hamstrings.
- Keep thighs flexed and bands taut so that hamstrings are never completely resting.



VARIATIONS

1. Stabilize two bands to a rear post and attach each band to a separate foot.
2. UPRIGHT LEG CURLS: Fasten one band to a low front post and attach the other end to your foot. Facing the post, keep your knees together as you curl your leg up, forming a 90° angle at the knee.

45. CALF RAISES

Lift Name	Target
CALF RAISES	CALVES
Post	A.P Height
LOW	UNDER FEET
Position	Grip Options
UPRIGHT, SEATED	ANKLE STRAPS, FREEFOOT



DESCRIPTION

Stand on a stair or any elevated surface with your heels extending off the back. Raise your ankles up as high as you can by pushing up with your toes. Flex your calf muscles at the top before lowering yourself back to starting position.

TIPS

- Keep your entire body still.
- Stabilize bands under toes to secure them in place.
- Balance yourself by touching any stationary object.
- Extend your heels farther off the edge for a more challenging exercise.
- Point toes inward or outward and position feet closer or further apart to engage all areas of calf muscles.

VARIATIONS

1. Two Bands: Stabilize one band under each foot and around the opposite shoulder for more resistance.
2. Seated Single Leg: Stabilize both ends of one band around the same foot with the middle wrapped around the same knee, isolating each calf muscle.
3. Seated Double Leg: Wrap one band around both knees and stabilize the ends under each foot.

46. HIP ABDUCTOR/ADDUCTOR



DESCRIPTION

Wrap one band around both knees and stabilize the ends under each foot. While keeping your ankles together, slowly spread your knees as far apart as possible.

TIPS

- Squeeze hips while slowly spreading and closing legs.
- Distance feet farther apart, position feet in closer toward your body, or prop feet up on any object to shift the resistance.
- Loop bands around feet to raise resistance.

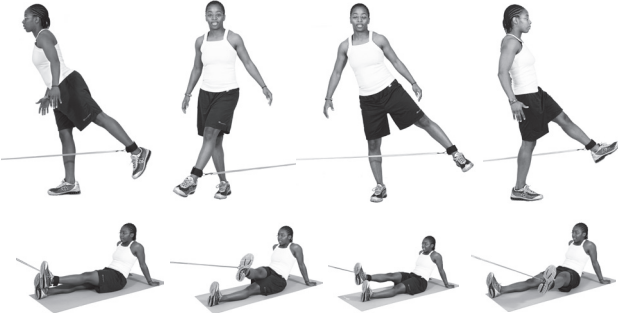
Lift Name	Target
HIP ABDUCTOR/ ADDUCTOR	HIPS, thighs
Post	A.P Height
LOW	KNEE LEVEL
Position	Grip Options
SEATED	ANKLE STRAPS, FREEFOOT

VARIATIONS

1. See RESISTED KICKS variations.

47. RESISTED KICKS

Lift Name	Target
RESISTED KICKS	GLUTES, hips, hams
Post	A.P Height
FRONT, rear, side	SHIN LEVEL
Position	Grip Options
UPRIGHT	ANKLE STRAP, HANDGRIP, FREEFOOT



DESCRIPTION

With the band taut and your leg extended slightly forward, squeeze your glutes and kick your leg backwards. Repeat with the other leg.

TIPS

- Keep your leg straight and push from ankle.
- Touch any stationary object for balance.
- Stand tall on your supporting leg.

VARIATIONS

1. Face the opposite direction and kick your leg forward.
2. ABDUCTOR: Turn 45° so that band is attached to your outside leg (farthest from A.P.). Kick your leg out laterally toward the opposite side.
3. ADDUCTOR: Attach band to your inside leg (closest to A.P.). Kick your leg laterally across the body until it is fully extended to the opposite side.
4. SEATED ABDUCTOR or ADDUCTOR: Perform from a seated position on the floor.
Keep legs straight and push from ankle for every variation.

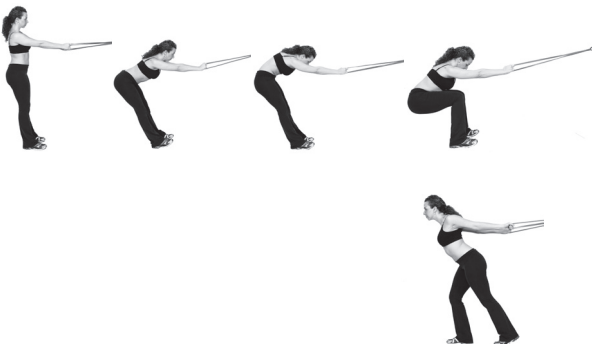
STRETCHING

Stretching opens up passageways in your body so that blood can better circulate and carry oxygen to muscles, speeding up the recovery process and enhancing your joint flexibility and optimal muscle lengths. We have taken the liberty of renaming, and in some cases naming, the following stretches to make them easier for you to remember.

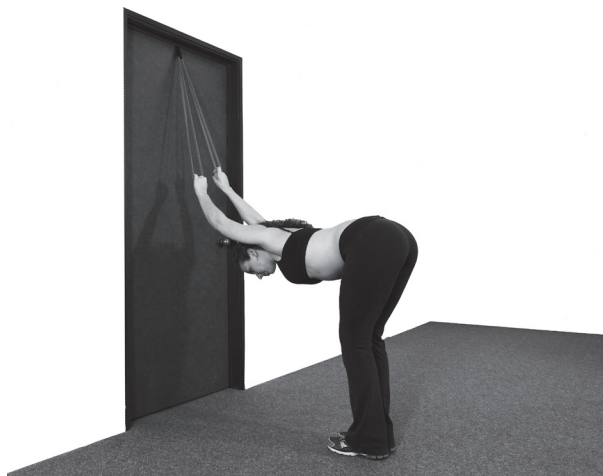
48. LOWER BACK LUBRICATOR

Keep your feet planted and slowly bow down, drop your buttocks and extend your arms forward. Unlock your hip joints and feel the stretch in your lower back. Slowly wiggle your buttocks from side to side to stretch your entire lower back region.

- Stretch your hamstrings by keeping arms and back straight and shifting body weight to your heels.
- REVERSE: Perform the same stretch while facing away from the post to stretch your chest, shoulders, and upper back muscles.



49. RELAXALATOR



Grasp the free end(s) in each hand and bend over at the waist while keeping your back and arms straight. Feel the stretch in your mid and upper back. Spread your arms out and slowly lower your torso toward the ground.

50. LOOSE ARM-ONLY

Keeping your arm straight, lean your torso toward your outside shoulder (away from A.P.). Feel the stretch in your shoulder and upper back. Afterward, pivot around so that your outside arm becomes your inside arm. Now lean away from the A.P. while facing the opposite direction to stretch the front of your shoulder and outer chest.

- Repeat on opposite side when finished.



51. WICKED CHICKEN WING

Grasp one band behind your back in both hands with one elbow pointing upward and the other pointing downward. Slowly try to work your hands together.

- If you pull the band up or down, you should feel a stretch in your shoulders or triceps, respectively.



52. NECK STUP

Wrap a band behind your neck and gently pull each end down with your hands while slowly raising your head upward, then slowly tilt your head from side to side. Start with a low resistance.



53. LEG LIBERATOR

Keeping your left leg straight, slowly pull it forward toward your head. Every time your leg advances, hold it briefly until your body readjusts before pulling further. After slowly pulling your leg forward to the farthest point possible, pull it to the left side using the same technique. Then grasp the band with your right hand and slowly pull your left leg across to your right side.



- Keep your shoulders pinned to the floor.
- Repeat with right leg when finished.
- Maintain stability in your hips, keep your leg straight, and keep your back flat on the floor.

54. QUAD-LITY



While lying on your side, loop one band around your outside foot. Next, wrap the band around your shoulder and grasp the free end in hand. Slowly pull the band forward, forcing your thigh backward.

- Breathe regularly as you slowly relieve the stiffness and relax your quadriceps.
- Straighten leg to engage your hip flexor.

55. ANKLE MOTIONIZER

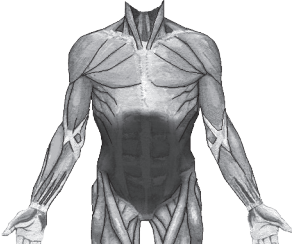
Loop band(s) around the foot of your extended leg and grasp the other end. Slowly rotate your ankle around in circles as you resist the force imposed by the band.



- This will loosen and strengthen your ankle, ultimately helping to minimize the risk of and/or rehabilitate ankle injuries.
- Fasten the free end of the band to a post at different angles or have someone pull the band from various directions away from your ankle to shift the resistance.



CORE STRENGTH: ABDOMINALS (ABS), OBLIQUES, LOWER BACK



A strong core ensures the physique you want and protects your lower back, but also makes your whole body feel stronger, more limber and better balanced. Strengthening your core is important since every body movement should stem from this region. High intensity and attention to detail are the keys to a sound core workout. Dig down to the core of your being and go hard while keeping great form!

ABS

Fasten, stabilize or wrap a band around an overhead post and grasp the free end(s) in each hand by your forehead or on either side of your temples. Bend over at the waist and pull your torso down using your core.

- Keep your back straight as you lower your head toward the floor.
- Avoid pulling the band down with your arms.
- Squeeze your abs at the bottom before ascending back to starting position.

VARIATIONS

1. Perform upright, seated or kneeling. Pull with abs, keep back straight and bend only at your waist.
2. Obliques: Alternate pulling your torso down from side to side.



56. THE SQUEEZE



Wrap one band under both feet and grasp the ends in each hand. Raise your legs and hold in a static position.

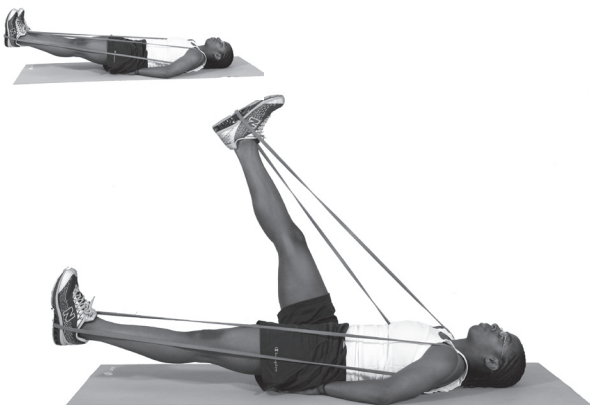
- Keep back flat on the floor.
- Keep abs tight to avoid lower back pain.
- If uncomfortable, place hands under glutes to support your torso.

57. THE RAISE

58. THE SCISSOR KICK

Stabilize one band around each foot and shoulder. Hold legs slightly off the ground and make small up-and-down scissor-like motions as you lift each leg up to a 45° angle from the hips before lowering back down.

- Place hands under buttocks for support.



59. THE CRUNCH



In a supine position with your hands cupped loosely behind your head or with your arms extended forward, raise your knees up and your tailbone slightly off the ground. Contract your abs as you lift your shoulders and upper back off the floor; imagine trying to compress your abs and tailbone together.

- You don't need to lift your entire back off the ground to feel the burn, just get your shoulder blades about an inch or two (2-5 cm) off the ground.
- Give an extra squeeze at the top for a total contraction before slowly lowering back to starting position.
- Perform the descent portion of the rep just as slowly and deliberate as the ascent.
- Avoid pulling your head forward with your hands or using your back to propel yourself forward.



VARIATIONS

1. Twist your torso to each side and rotate touching one elbow to the opposite knee.
2. Raise and hold your torso where it burns as long as you can (*Static Contraction Training*).

60. THE BICYCLE

Rotate by bringing one elbow to the opposite knee, then kicking that leg forward and bringing your other elbow to the opposite knee. Keep your core tight!

VARIATIONS

1. Stabilize a band around each foot with the middle wrapped around your back.
2. Fasten two bands together as illustrated in the video.
3. To increase resistance, wrap one band around your lower back and stabilize the ends around each foot.



61. THE ROLL (REVERSE CRUNCH)



Bring your legs to your torso instead of vice versa. From a supine position, bend your knees and bring them as close to your chest as you can without raising your pelvis. Then lift your hips and glutes off the floor and roll your legs forward as you bring your knees to your shoulders.

Squeeze your abs throughout the movement for maximum contraction.

Keep knees bent at the same angle during your set.

- For a challenging addition, after bringing knees to shoulders, raise your legs straight up in the air, hold briefly while balancing yourself on your shoulders and upper back.



VARIATION:

1. HIP THRUSTS: keep your legs perpendicular to floor (pointed straight up) and raise only hips and glutes off the floor while squeezing abs.

62. THE PLANK

Rest yourself on your forearms and toes while your body stays straight as a board. Compress your core region by rolling your tailbone in and squeezing your inner thighs; imagine bringing your pelvis to your spine. See how long you can bare it!



OBLIQUES

63. THE SIDE BRIDGE

After doing THE PLANK in a raised prone position, rotate over onto one side and balance yourself on your forearm and inside foot. Hold for as long as possible. Keep your body as straight as possible and your upper arm lightly resting on your thigh or extended up in the air for an added challenge. Alternate sides when finished.

- Count how many seconds you can hold this pose to measure progress.



VARIATIONS

1. Balance yourself up on your hand instead of forearm.
2. Stabilize a band between inside foot and outside shoulder for a challenge.

64. THE OBLIQUATORY



Lie flat on your side with your knees bent and your feet tucked in. Cup your hands behind your head and raise your shoulders and upper back vertically off the floor by squeezing your oblique muscles. Hold this position for a few moments before slowly returning to starting position. Alternate sides when finished.

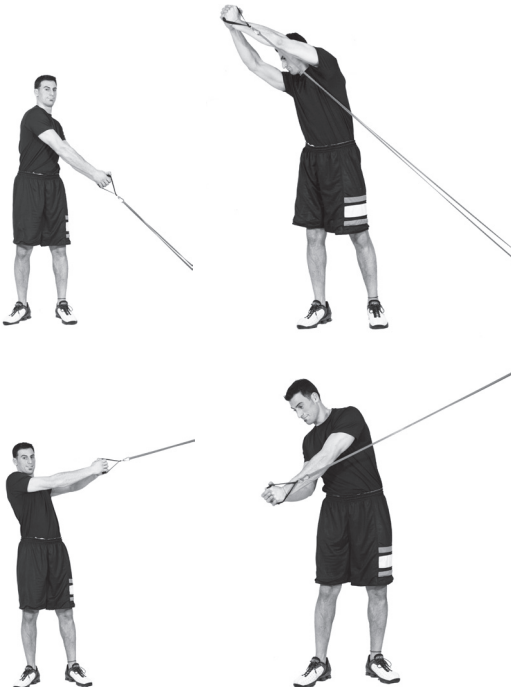
65. THE TWIST

Begin in the same starting position as THE CRUNCH. Raise your shoulders off the ground and gently pull your torso from side to side. Hold your arms outward and still as they hover slightly above the floor while your torso shifts.

- Keep back straight and abs tight.
- Move slowly to make sure that momentum does not guide you; let your obliques do the work.



66. THE WOODCHOPPER



Lock both hands around the band (or handgrip) and pull arms diagonally across your body. Twist your torso while keeping your abs contracted, back straight and arms fixed in a slightly bent position.

- Center your body weight over your feet and your head over your shoulders.
- Rotate shoulders and hips together as a unit with abs.

VARIATION

Raise or lower A.P. height:

1. A low A.P. height will require you to pull the band across your body at an upward angle; pull at a downward angle when using a high A.P.
2. Pull band horizontally across body when using a chest-level A.P.

LOWER BACK

67. THE SUPERMAN

Lie in a prone position with your arms extended in front of you. In one fluid motion, raise your legs, chest, shoulders and arms off the ground. Keep abs tight to absorb the tension.



VARIATIONS:

1. Place your hands on the ground with elbows bent, similar to PUSH-UP position.
2. Point your arms back toward legs and pinch shoulder blades together behind you.

68. THE HYPEREXTENSION



Wrap one band around a front post with the A.P. height around bellybutton level. Pull your torso back until your back is almost flat against the floor and then hold. Slowly return to starting position.

- Keep your arms and back straight with abs firmly contracted.
- Use bar or handgrips to ease the pressure on your hands.



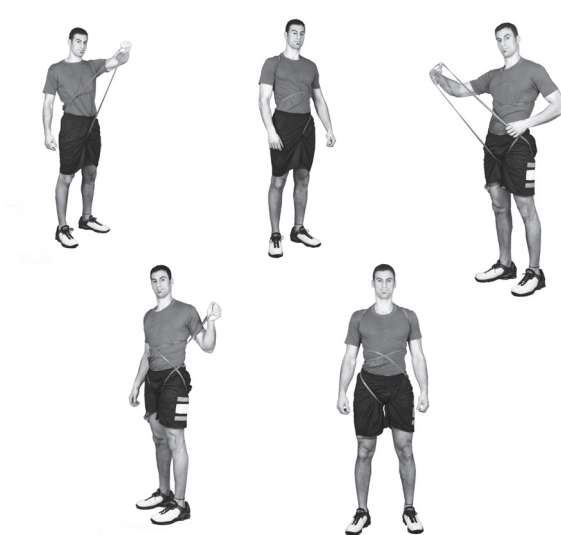
69. THE SIDE BEND

Wrap a band under your foot and grasp both ends in the same hand. Slowly bend from side to side at your waist. Keep your active arm and back straight the whole time.

**VARIATION**

Fasten the band to a side post instead of wrapping it around your foot.

70. THE ALIGNER



Insert your right leg into one band up to your groin, wrap the same band around your stomach and then around your back, and then insert your right arm. Stabilize the band around your right shoulder. You should feel resistance pulling your right shoulder back. Stabilize another identical-sized band around your left leg, then wrap it in front of you, behind you, and insert your left arm.

- Keep abs tight and maintain good posture as the bands draw your shoulders back and open your chest.
- Wear a thick shirt or protective layer to prevent irritation.

DISCLAIMER

There are inherent risks in any physical activity and resistance training is no exception. The exercises in this manual and any other exercise programs may result in injury. To reduce the risk of injury, consult your physician before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation. Rubberbanditz, LLC. disclaims any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel fatigued, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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